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DEFY Kids say no to drugs

By JO2 Carmichael Yopez
Editor

Two weeks of intense fun, drug awareness, and team building skills culminated in 51 young adults completing the annual Drug Education For Youth (DEFY) Program on base.

"We learned about how the brain works and what different drugs do to it," said ten-year old Carolina Vega.

"They told us how tobacco is bad for you. It will kill you and make your teeth look nasty," said Daniel Martinez age 11.

For two weeks in July the boys and girls ages 9 through 12 sat through a daily curriculum, learning about peer pressure, drug awareness, and teamwork. The students also participated in a variety of sports activities and attended a number of field trips, including a trip to Sea World in



Students were divided into four groups, each having to pick a name for their group. The students above picked PODD Punishers of drug dealers.

San Diego. "We got a chance to pet the Sea Rays and Shamu," said Joshua Suamataia, age 9. "It was a lot of fun."

The students were divided into four groups and were instructed

by team counselors who were assisted by volunteer teen mentors. "We are trying to teach them confidence, so they can

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Sea Cadet Unit forms at NAF

By JO2 Carmichael Yopez
Editor

"Company. Ahhh-ten-tion." "Ok let's try this again. When I say attention that means you bring your feet together, drop your arms by your sides, and your eyes are looking straight forward. Lets try it again. 'Company Ahhh-ten-tion' that was good."

These were the first words of instruction for the newly formed Sea Cadet Unit, The Desert Eagles, at Naval Air Facility El Centro, during sign-up day at the Welcome Center on Saturday July 20.

Sea Cadet Regional Director, LCDR Donna Snodgrass, who is initiating the unit, had set up a booth during the March Air Show at NAF El Centro and received a great response from children interested in becoming Sea Cadets. "It's taken us a while, but we are finally here," said Snodgrass. "We are in the



Sea Cadets on sign up day stood in formation before marching to the Base Galley for lunch.

initial stages of forming the Cadet unit, so we are still looking for volunteers to fill the positions in the chain of command. We need a CO, XO, Supply Officer, and Administration Clerk to help us run the unit.

Continued on page 3



MWR

Opens with a

Big splash pg. 6, 7

More than 300 children and adults were present on opening day of the new slides, recently installed by MWR.



Advantages of the Navy

By CDR Peter Hayes
Executive Officer



Recently I was at a social function in town where I was asked what the advantage of being in the Navy over being a civilian was. I replied that there are three big advantages; Brotherhood of the Blue, the Navy is a life style not just a job and the military hires based on potential. I also think these are the three best things about the Navy.

The Brotherhood of the Blue is what I call the camaraderie or feeling of being in the Navy. Because we depend so much on, work closely with and live with other Navy members, we have a bond with them and are part of the same team. This bond is part of the reason that we take care of each other. I can not stress this enough, we watch out for each other. Not only does our well being, but the security of our families, lifestyle and country depend upon all of us doing our job and making sure that our fellow Navy brothers are ready to do theirs.

The Navy is a lifestyle. There are few other professions that move you around as much as the Navy, tell you to what to wear and have as much influence on your personal life. The Navy's interest in your personal life is to ensure that you are capable of doing your job so that everyone counting on you will not be let down. Many service members do work that is inherently dangerous, we minimize the risks by ensuring that everyone is well trained and capable of doing their

job. We have to know that we can count on each other for us to do our job. The Chain of Command wants to make sure that not only are you capable of doing your job, but that you are well taken care of. There are very few professions that provide you with a place to live, food to eat, good medical and dental benefits, work out facilities and recreation facilities as the military.

Finally, the Navy hires based on potential. There are few companies that hire someone to do a job with no experience and are willing to pay them while they are being trained to do the job. When you enlist in the Navy, all you have to do is demonstrate an ability and desire to learn the skill that you want. If it turns out that you would like to change rates, there are even programs that allow you learn a completely different skill than you are in.

Everyone's time in the Navy is what they make of it. I would encourage you to be a team player, enjoy the Navy lifestyle and take advantage of the education benefits. It should be the goal of all of us to make the Navy someplace where we want to be and are proud to wear the uniform.

Don't throw away! Pass on to the next reader.

Congratulations

Three new Chiefs on the way

SKC (SEL) (SW) Francisco Diego
"I felt like I was on cloud 9 when the CO first informed me. I would like to thank my superiors and my subordinates. I'm going to keep doing the same thing I've been doing; keeping a positive attitude."



ITC (SEL) (SW) Jon McPherson
"I had two goals when I came in the Navy. First was to get my ESWS and second was to put on Khakis. I'm looking forward to Initiation."

MAC (SEL) Philip Burnett

"It's an accomplishment. I'm extremely happy. As a Chief I plan to take care of the people working for me and ensure they advance as far as their potential allows them to."



AC1 Deitrich Jones
Command Career Counselor

As some of you may already know, I am the new Command Career Counselor working alongside YN1 Martin. My job is to help **YOU** with your career choices. If anyone has any questions, please feel free to stop by Bldg. 214. I am next to the Admin office, or call me at 339-2329. No matter where you may see me, the commissary, your work place, the gym, etc...) it doesn't matter. I'm here for you.

The Sandpaper

August

Commanding Officer
CAPT Larry Crane
Executive Officer
CDR Peter Hayes
Command Master Chief
CMD CM Vince Seay

The Sandpaper is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense (DoD), or the U.S. Navy and do not imply endorsement thereof.

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Dennise Lizarraga pays the administration fee to sign up for The Desert Eagles Sea Cadet Unit. She learned about the Sea Cadets through the Internet.

Desert Eagles

Continued from page 1

Volunteers do not need to be military and are not required to be a permanent volunteer."

The cadets will drill on the first and third Saturday of each month from 7:30 a.m. to 3 p.m. During this time the cadets will march, do physical exercise, learn discipline, and basic seamanship. The cadets will wear uniforms and will all start as cadet recruits. Boot Camp will consist of learning how to march and do formation drills. Like any military unit they will march in formation from place to place. With time, they will climb the ranks and become Petty Officers, Chiefs, Master Chiefs, and Officers.

During sign-up day more than 20 young cadets signed up. There is a \$125.00 fee that covers uniforms and administrative costs. "I'm very excited," said Marina Luna whose 11-year old daughter, Cynthia, joined the unit. "I think she will learn very much from this experience."

For more information on how to sign up for the El Centro Sea Cadets, call Tonya Owens at (760) 352-3112, or log on to www.seacadets.org.

Jet Mart: The Center of the Universe (On Base That Is)

By IT2 Darryl Howlett

Staff Writer

Their smiles are often pleasant, and their conversations are quick and sassy. Customers go in and out, treating the NEX Jet Mart similar to a small town diner - everyone knows you.

At Naval Air Facility El Centro, the Jet Mart is the center of the base where officers, enlisted and civilians cross, pleasant paths.

"The great thing about the Jet Mart is we get to meet every guy and gal on base whether

"A lot of our patrons are multiple customers who come in three, four times a day. The come in the morning, and maybe go to Subway for lunch, and come back again in the evening," she said.

As military members know, the Jet Mart offers competitive prices when it comes to gas. Ellen figures one to 12 cents difference in price compared to gas stations out in town.

"We also remodeled the Jet mart four years ago adding our Subway (Restaurant)," she said. "We also have ongoing improvements to add more shelf space for drinks and food, but mostly for drinks."



At the center of the Universe (The Jetmart) HT3 Raphale Leblanc stops for some snacks while on patrol. Store clerk Yvonne Darling is at the register.

they're here training, a civilian, or military," said NEX Supervisor Jo Ann Ellen.

Ellen said 500 to 1500 people patronize the Jet Mart when air squadron detachments are onboard the installation.

The Jet Mart is open Monday through Friday from 7 a.m. to 8 p.m., from 9 a.m. to 8 p.m., on weekends. Ellen points out that the Jet Mart opens 5 minutes before opening time and stays open 5 minutes after closing time.

High Year Tenure changes

By YN1 Michael Martin

Command Yeoman

The Navy has revised its High Year Tenure (HYT) policy for two pay-grades to levels that ensure continued healthy promotion opportunity for rising career-minded Sailors. New HYT limits are noted below:

Paygrade	Former limit	Revised limit
E-4	12 years	10 years
E-5	20 years	Unchanged
E-6	22 years	20 years

E-7	24 years	Unchanged
E-8	26 years	Unchanged
E-9	30 years	Unchanged

Revising HYT limits for E4 and E6 Sailors is estimated to impact approximately 800 E-6's and 200 E-4's per year and allow more E-3's to make E-4 and more E-5's to make E-6.

"Several years ago we were faced with stalled advancement opportunities and needed to give Sailors more time to advance. Our strategy paid off for 794 Sailors with greater than 19 years of service who were promoted to Chief Petty Officer during the past two advancement cycles," said Chief of Naval Personnel Vice

Adm. Norb Ryan Jr.

"Our growth in the Top Six, combined with healthy advancement opportunities today, leads me to believe we are on the right path to developing a more experienced force. Now we need to ensure we maintain the same healthy advancement flow for our up and coming career-minded Sailors."

No Sailor affected by the new HYT limits will be required to separate or transfer to the Fleet Reserve (FLTRES) prior to Sept. 30, 2003; affected E4s and E6s may extend up to that date. For more info, see your Command Career Counselor, AC1 Jones, or PLR, YN1 Martin.



Building 214's newest residents

By **Gabrielle T. Steinau**

Admin Office

Building 214 has some new tenants! A Burrowing Owl family has taken residence beneath two palm trees to the East of the Administration Department's Mailroom. A single owl is generally seen standing on the building's fence overlooking the young squatting beneath the palm trees; the family welcomes all inquisitive visitors!

The Burrowing Owl differs from other owl species because it spends most of its time on the ground, and also lives in colonies with other owls. Unique to the Burrowing Owl is its lack of ear tufts, and the ability to revolve its entire head to see its surroundings. This head movement is necessary because its eyes are not capable of moving in the eye socket.

The Burrowing Owl is considered crepuscular and is active at both dawn and dusk,



but will hunt throughout a 24-hour period. During the mid-day hours the species is known to rest. When first approached, this comical robin sized bird will bob its head up and down, and then usually dive into its burrow or take flight a short distance away.

As the name suggests, the Burrowing Owl prefers to nest

in abandoned rabbit warrens and ground squirrel holes, but is able to dig its own burrow if necessary. The owl is considered an opportunistic feeder, and will dine on any food found in its location: beetles, grasshoppers, small mammals, or reptiles. The owl's range is the Great Plains and Great Basin, and from Canada to Mexico

where the bird is considered migratory, although owls found in southern California are permanent residents. They inhabit dry grasslands, range and desert regions.

During the breeding season, March to April, the female will lay from 7-9 eggs in the burrow. After the young owlets have hatched, both mother and father will share the responsibility of caring for the young; the owlets will remain in the nest for about 40 days before venturing out on their own. While in the nest, the young have the ability to protect themselves by mimicking the sound of a rattlesnake.

Next time you stop by Admin to pick-up your mail; take a look at Bldg. 214's newest tenants! Supporting article information was obtained from California State University (<http://arnica.csustan.edu/esrpp/burowl.htm>) and University of Michigan (<http://animaldiversity.ummz.umich.edu>).

New Medical Staff



LT Chris Danish
Flight Surgeon/Senior Medical Officer



Ensign Karen Nordine
Physician Assistant



LT Lynn Nakamura
General Medical Officer



HM3 Mustafa Joseph
Pharmacy Technician

August Is Women's Health and Fitness Month



Don't be in the dark about heart disease. It is the number one killer of women. In one poll, over half the women and nearly one-quarter of the physicians mistakenly said that cancer was the bigger killer of women. Heart disease kills almost twice as many women as all cancers combined and a women's risk of heart disease can rise after menopause.

Do you have a story for the Sandpaper? Call the Public Affairs Office at Ext. 339-2519.

NAF's most enjoyed paper
Don't forget to take your copy home.



NAF hosts July Chamber of Commerce Mixer

By JO2 Carmichael Yopez
Editor

"It is not them and us, it is we," said Commanding Officer, CAPT Larry Crane when he described the relationship between Naval Air Facility El Centro and the local community, during last month's Chamber of Commerce Mixer held at the Mirage Club on base.

Newly elected president of the El Centro Chamber of Commerce and Visitors Bureau, Richard Acosta presented CAPT Crane with a Certificate of Appreciation for hosting the event on base and thanked him for the close relationship the base has maintained with the community. "We had a great turn out," said Olivia Ordon, Community Coordinator for the El Centro Chamber of Commerce. "The set up was wonderful and we had



some great comments on the food."

The Mixers are held at different locations each month, and are sponsored by the various Chambers of Commerce as a means of promoting different businesses, while at the same time providing an excellent way for people to network and make new contacts. "We love to see Sailors in their uniform," said one lady during last month's Mixer.

When new Sailors arrive to NAF El Centro, after completing



Top left: CAPT Crane receives a plaque from The Chamber of Commerce President Richard Acosta. Above CDR Hayes mingles among the crowd.

their indoctrination course, the Chamber of Commerce welcomes them with a free lunch at a local restaurant sponsored by the Chamber.

For NAF El Centro, the Mixers provide a more direct way for communicating with local

businesses and community leaders while at the same time showing we are part of the community. "It is not them and us," says CAPT Crane "It is we. Our relationship is so close with the local community they include us in their decision making."



Students salute the flag during the raising of the colors.

DEFY Saying No to Drugs

Continued from page 1

I think for themselves and not be overcome by peer pressure," said DEFY Camp Director AO1 Fredrico Lewis. "We talk to them about what drugs are and how they affect them."

"This is my second year working with the kids," said DEFY Counselor AO3 Brandy Watson. "I do it because I

enjoy working with kids. I have a lot of fun, but most important of all, I do it because we are teaching them to learn to recognize what is right and what is wrong."

One of the most important events during their daily schedule was to see the raising of the flag each morning. "We've learned a lot about the American flag," said 10-



Students raise their hands during a morning classroom session where counselors talked about the danger of drugs.

year old Fernando Gutierrez. "We salute the flag to respect our country and it should never touch the ground."

"The first flag was made by Betty Ross," said Toni Karneke age 9. "Betsy Ross," her classmates replied.

According to DEFY counselors, the children love the camp. "The children enjoyed themselves very much, to the point they have asked why the program isn't longer," said Lewis. "Many of them already mentioned they would like to come back next year."

For AOC (AW) Jeffrey



Fernando Gutierrez age 10 plays a trivia game where the topic was the American flag.

Elliott, this was his last year as DEFY Coordinator. He is handing the reigns to Lewis who will lead the program next year. "It is a



At the gym students played basketball, volleyball, and soccer.

great program," said Elliott. "By preventing our children from turning to drugs we secure the future of this country."

Just in: Security Officer, LT Michael Conn and CAPT Enrique Ponce stand next the HUM-V delivered to Security August 6.





MWR makes happy faces

By JO2 Carmichael Yepez

Editor

When you reach the top, you can see the entire base from a bird's eye view. The heat is intense, but it doesn't matter because within the next few seconds your adrenaline is going to pump up so hard, you will come back for more. When the lifeguard gives you the Okay, you take position, take a tight grip on the bar and push off. "Yeowww." It is fast and after a free fall that seems to last forever, you gush into the water with such incredible speed that water splashes a few feet high.

This was the experience for those who dared to go down the straight slide during the grand opening of the new slides on Friday July 5th at the big pool. "It was great," said CAPT Larry Crane who was the first to go down. "It is a lot of fun. I think everyone will enjoy it. The contractors and MWR have done a great job. I just ask that everyone follow the instructions of the lifeguards to be safe."

More than 300 people attended opening



First in line, Mathew Sumataia was the first to go down the slide after CAPT Crane and Pool Manager, Nickie Lopez.



"Yeowww" was the first sound out of YNC (AW) Michael Merrick during his first trip down the straight slide.

day, and even though the wait at the slide could have been anywhere from three to five minutes, everyone had fun. "It's really sweet," said 11-year old Daniel Martinez, who estimated he'd been up and down the slide more than 20 times. "I like it a lot."

"It's been a dream for six years and it's finally here," said Pool Manager, Nickie Lopez. "Everyone is going to enjoy it."

After opening day, business at the big pool was normal. There are no waiting lines at the slide, so if you haven't tried it yet, what are



One Retires,



After 20 years of honorable Service, Builder 1st Class (SW) Petty Officer Patrick Drainville retired during a ceremony, which took place at the base Gym Friday July 12.





with installation of new slides



Top: After 20 minutes in the sun, a Life Guard takes the short way down.

Left: CAPT Crane after riding down the slide with a big smile. He said "Wow, that was fun". Above: Although not as fast as the straight slide riders are required to cross their arms over their chest.

The expression on Navy spouse Ashley Cleary's face can only mean the ride was fun.

you waiting for! The only requirement is that you be either 66 inches tall, or be able to swim at least one lap. The slide is free for military active duty, retirees, and their immediate dependents. Civilians pay a \$1.00 entry fee for the entire day. With MWR's newest

addition, NAF El Centro is beginning to resemble a resort in the middle of the desert more than a military installation. In the Imperial Valley, NAF has the only Bowling Alley, Go-Kart Track, Miniature Golf, and now the only water slide. This leaves us

wondering, what will be next?

The big pool operates from May through October. Hours are 11 a.m. to 7p.m. seven days a week. For more information call the pool at (760) 339-2487.

Two Reenlist



Above, DCC (SW) James Strickell and ABFCS (SW/AW) Craig Canady, below, say I do after taking the Oath of Enlistment during their recent reenlistment ceremonies. Strickell reenlisted for six years, and Canady reenlisted for two.





“Stranger Danger” Things to Tell Your Children

By Dr. Lynn flowers

Staff Writer

Recent abductions of children have reminded us that we live in a dangerous world. The simple advice, “Don’t talk to strangers” is no longer enough. Children face potential danger in school, on the streets, and sometimes even in church. Exploring the Internet can be informative and entertaining. Children and teenagers sometimes enter “chat rooms.” Some of the strangers in these chat rooms may be searching for potential victims. So, what can parents do to help keep their children safe? What is a Stranger?

Start by explaining to your children that a dangerous stranger is not always an ugly man who hides in the dark. Many perpetrators are young, friendly, and attractive. Dangerous strangers often use tricks to lure children into dangerous situations. They may ask for help

loading groceries into a car or searching for a lost puppy or kitten. Make sure that your children know that adults don’t usually ask children for help, or offer toys or candy.

Dangerous strangers sometimes coax a child into a vehicle by saying that the child’s parent is sick or in the hospital. Make sure that your children know that you will never send a stranger to pick them up. You can agree on a code word that the driver must know. If the stranger asks for hints or doesn’t know the code word, children should run away and tell another adult. Prevention

Teach your children to ask a storekeeper, a cashier, a teacher, or a mother with children for help if they become lost in public. Make sure that your children know how to use pay telephones so that they can dial 911 or call home. Help children remember their full name, address, and phone number by creating a rhyming song.

If your child walks to school, make sure that he/she walks to school with other children. Check the route, and make sure the child doesn’t take detours into dangerous alleys or bad areas. Locate safe houses in your neighborhood where you children can go when they are in trouble or they feel that they are in danger.

Help your children to understand personal boundaries. Tell them that no one should ever touch their private areas (except a doctor or nurse). No one should ask your children to keep secrets from parents.

Make sure that your children know that they should never willingly go with someone who attacks them or threatens them. Statistics indicate that it is extremely difficult to survive a kidnapping after being transported to a second location. Kidnappers are not interested in a screaming, kicking child. Tell children that they can pull the

stranger’s hair, poke his eyes, pull forward hard on his ear, kick his groin, and run. Also, tell them to scream “This is not my Mommy” or “This is not my Daddy!”

The Internet can be a wonderful tool. But chat rooms pose a threat to children. Check out these websites:

www.ncis.navy.mil.safekids/home.htm, as well as www.missingkids.com offers a free download of “Protecting Your Children in Cyberspace,” a program that scans your hard disk for images and displays them so you can judge their appropriateness. Also check out [NetNanny](http://www.netnanny.com), a reasonably priced program that filters harmful websites, monitors online activity, and more.

Parents should keep current photographs of their children, and tell schools to inform you if your children don’t arrive at school. More tips for parents and children can be found at www.Parenthood.com.

What it takes to make Yard of the Month

The Coveted Sign

By JO2 Carmichael Yopez

Editor

Selection for Yard of the month is conducted on the last Tuesday of each month from May through October. Three categories are selected, Officer, Senior Enlisted and Junior Enlisted. According to Catherine Harper, base residents are going above and beyond the regular mow and trim to keep their yards looking great.

Residents responsibility includes mowing and edging lawns, pruning shrubs, caring for flower beds and sweeping and cleaning driveways, sidewalks and assigned carport areas,” said Harper.



“This in itself is not an easy task in the heat of the desert, so residents deserve the extra recognition for taking pride in ownership of their Navy family housing lawns, especially those who put forth that extra effort in decorating with plants.”

Winners receive a coupon booklet from MWR for oil changes, lunch tickets and other services provided by MWR. Plus The Yard of the Month sign is also displayed on their lawn for the entire month. The following are some of the items the inspector looks out for when selecting a lawn: Ensure your lawn is mowed and trimmed; Don’t mow the lawns too short as the grass can burn easily with the summer heat; Make sure sprinklers are adjusted to accommodate for the heat; Flowers and ornaments are a plus.



Starting 1 August, DoD Police changed their Navy blue shirts to white ones in order to keep a little cooler. Above, Michelle Christie a DoD Police Officer on base, spends a lot of time under the hot sun. She says the white shirts are much cooler, she is just going to have to get adjusted to keeping them clean. DoD Police will change to blue shirts when NAFEC shifts to Blues for the Winter.

Support The Navy Ball
Get your car washed on
Wednesdays



Man who initiated Environmental Program retires after 33 years of service

Fred Rivera says

Adios

By JO2 Carmichael Yepez

Editor

He began working at Naval Air Facility El Centro in 1970 as a mechanic on experimental aircraft for the Navy. Thirty-three years later, as head of the Environmental Restoration Program, Fred Rivera is retiring.

When Rivera first arrived at NAF, he worked as an aircraft mechanic for the National Parachute Test Range. Then in 1980 the test program transferred to Fallon NV, but Rivera decided to stay here. Two years later while working as an engineer for Public Works he was tasked with initiating the Environmental Restoration Program, which at the beginning of the 80's was coming into effect with the military becoming more proactive with the environment. In 1999, 2000, and 2001 Rivera received the Chief of Naval Operations Environmental Award for his outstanding achievement with the program. "I will be retiring at the end of July, but I plan to stay in touch with NAF," said Rivera. "If there's anything I can do, I'm just a phone call away. It was more than rewarding to work here. I have always been associated with the military. I served in the Army from 1967 to 69 in Vietnam, so I will always feel a close connection with the military."



LCDR Chuck Lewis, Public Works Officer talked about Rivera's accomplishments as head of the Environmental Program. Rivera received three CNO Awards during his tenure.

On August 1st more than 50 friends and colleagues gathered at the Mirage Club to bid Rivera farewell. He received numerous gifts to include two flags, one flown over the White House and presented to him by a representative of Congressman Bob Filner, and the other given by NAF. After many stories and anecdotes, Rivera talked about his experience at NAF and said he would always remain close.

With the extra time on his hands, Rivera will dedicate more time to his favorite hobbies, rebuilding classic cars and riding his Hog. He will also continue to teach at Imperial Valley College, where he has been a welding instructor for the past 23 years. Distinctive for his long hair, Fred said "If you see me riding my scooter on the road don't shy away from throwing a wave."

Marathon Runner

NAF Strike Fighter Spouse runs first marathon

By IT2 Darryl Howlett

Staff Writer

The run was hard. Downright gut wrenching. However, when she crossed the finish line after running 26.2 miles, only thoughts of joy and accomplishment filled her mind.

Kimberly Braunbeck, wife of LT Braunbeck, OIC Strike Fighter Wing Maintenance Unit (SFMU), recently completed her first marathon, the Rock and Roll Marathon in San Diego.

Braunbeck, who works as an Educational Counselor with Vincennes University, said the annual event is a fund-raiser for



When she is not running, Braunbeck works as the Vincennes University Education Counselor on base.

finding a cure for childhood Leukemia.

"I decided to run the marathon at the end of April," she said. "I ran the event with Kim Owens, wife of former Medical Officer LT Owens. I said let's sign up to run the Rock and Roll marathon and she agreed."

Already a consistent runner, the Virginia Beach native decided to step up the pace in preparation for the marathon. "I started running at 5:30 in the morning. I ran five to six days a week four miles a day. Then I

ran eight miles and finally 10. On the day of the race, the only thing in my mind was that once I started I could never stop.

Six hours and 17 minutes later Braunbeck crossed the finish line. "I was glad I completed the race," Braunbeck said. It even hurt to walk, but the most important thing was that I had finished what I started."

Braunbeck says she plans to run the marathon again, but next time instead of her husband being part of the cheering crowd, he will join her in the race.



The Sailor who wrote a book

By JO2 Carmichael Yopez
Editor

As he stood at attention Commanding Officer CAPT Larry Crane presented him with a Navy Achievement Medal then congratulated him for recently being advanced to a Petty Officer First Class. With a smile in his face Information Technician 2nd Class Petty Officer Darryl Howlett kindly accepted his frocking and said his last words before departing home.

"I am really thankful to have been part of this experience, but most important I am thankful for all the friends I've made."

As part of Operation Noble Eagle, Howlett was one of thousands of reservist recalled to active duty. When he arrived at NAF shortly after 9/11, his mission like many others, was to form part of NAF's security force where he worked days, swings, and night shifts.

On his days off he volunteered with the Public Affairs Office and wrote numerous stories for the Sandpaper. But perhaps his greatest accomplishment was writing a book. "Flight of an

Urban Cardinal," which chronicles Howlett's life during his junior high school years in East St. Louis, Illinois in the mid 80's.

"Since my wife and kids were not here, I needed something to keep me busy on my off time," Howlett said. "I started writing it when I was in high school, but soon with a wife and children it became more difficult to finish the book."

The base library was perhaps his favorite place on base. This is where he spent numerous hours clicking at the keyboard while the base librarian became his only listener. "Letty Earle is a God send," Howlett said. "She became my only audience, other than my wife by phone. Letty listened to every word, paragraph, and chapter."

Howlett said God send, not only because Letty listened to his book, but also because she introduced him to a retired Navy officer who lived in the RV Park who happened to own his own publishing company. "He often comes by the library," Letty said. "Mr. Gee is his name and he is the



CAPT Crane bids farewell to Petty Officer Darryl Howlett before his departure home.

owner of American Publishing publishing companies.

In March Howlett met with Mr. Gee to talk about his book.

"I was nervous," Howlett said. "I never let anyone read my work except for my wife." Mr. Gee found the book entertaining, but advised Howlett to lengthen the book. So he began the second draft.

Mr. Gee is currently reading Howlett's finished draft having decided to take on Howlett as a client. In the meantime, Howlett has an agent in St. Louis who is looking around for numerous

"I feel good of what I have accomplished so far. I'm excited about a possible career in writing books."

On August 1st Howlett departed from NAF El Centro to go back home to Rock Island IL. Once home Howlett will continue to work on the epilogue to his book He said hopefully the book will be on the market by December of 2003 or January 2004. Before departing he also mentioned he is considering writing a book on his experience during Operation Noble Eagle while at NAF.

Playing For the Prize

By AZ2 Lloyd Napouk
Strike Fighter Wing

Have you ever heard "I dogged the shot", "I choked on the 9", or "I can't believe I scratched"? These are statements pool players make for not playing up to our expectations or not playing as well as we usually do. This comes up frequently when playing for a prize or a trophy. The pressure of the opponent, outcome, or the audience changes how we hit the ball, our posture, and most important: our concentration.

Clear your mind, breathe, chalk, and take your time. Examine the shot; it is the most important shot at that moment. Let the background distractions drift away until all you visualize is the stick contacting the ball, the click of the balls brief encounter, and finally the ball simply rolling into the pocket. Approach the table with this goal and accomplish it. Repeat.

MWR Pool Tournaments at the Mirage
For more information contact MWR at 330-2380



Theatrical Auditions



Set in the 1960's, this Neil Simon comedy is about some of the trials and tribulations between a newly married couple: A highly responsible young lawyer and his very free-spirited young wife.

Auditions will be held Monday, August 19 at the Base Theatre from 6:00 to 8:00 p.m.

For more information stop by the Public Affairs Office during working hours.



What is happening on Base

By LT Michael O'beirne
Public Works

RADM Michael Johnson, Commander, Naval Facilities Engineering Command and Chief of Civil Engineers, made history by visiting NAF El Centro on 26 July 2002, as the first Chief's visit to NAF El Centro on record. RADM Johnson was treated to a command brief and tour of NAF El Centro, including the \$15.7 million transient barracks under construction, several projects and issues on the airfield, renovated housing, and new MWR facilities at the fitness center complex. He particularly noted the inadequate condition of the WWII hangars and fully supported the upcoming P-207 Hangar

Desert Friends

The Flat-Tailed horned lizard lives in the desert valleys of southeastern California. At NAF El Centro, it inhabits dry, sandy, sparsely vegetated areas of the desert, including the East and West Mesas where Ranges 2512 and 2510 are located.

Flat-Tailed horned lizards have many characteristics that distinguish them from other lizards. Most obviously is their body shape. Instead of the sleek,



From Left to Right: LTJG Bob Stiles, LCDR John Norwood, CDR Peter Hayes, LCDR Chuck Lewis, RADM Michael Johnson, and LTJG Pete Aparico.

Recapitalization project on the west apron. Additionally, he noted the significant strides that NAF El Centro has made in improving the quality of life for



tubular shape of most lizards, flat-tails have a wide, flattened body suitable for camouflage and burrowing. All Horned lizards are noticeably spiny, with a crown of horns adorning the back of their heads.

Many desert residents may

sailors and families since his time as Commander, Southwest Division, Naval Facilities Engineering Command, from 1995-97.

have fond memories of finding docile lizards around their homes. Unfortunately, horned lizards are not as common or widespread as they were 30 or 40 years ago. Here are some things that we can do to help our desert friends:

- Watch your step
- Minimize your impact when enjoying the desert
- Avoid flat-tailed horned lizards on roads
- Do not remove Flat-Tailed horned-lizards from their environment
- Dispose garbage properly



True Blue Basketball

Designed by Dennis Maney, the transformation from tennis courts to state of the art basketball courts are complete. This high impact polypropylene grid flooring will help reduce wear and tear on joints caused by repetitive jumping. The new courts will provide hours of under the stars enjoyment in the desert.



Solving Land Erosion

300 cubic yards of rock were transplanted from the Painted Gorge Rock pit to the corner of Rock Island to solve the ongoing problem of land erosion. This two day project saved NAF El Centro \$60,000 in rock procurement, dressed up an unsightly corner of housing and should solve the problem of mud showing up on the CO's doorstep.

P-234 Progress

Site grading is currently underway. Three of four pads have been excavated to 2' below grade. After excavation is complete, a geotextile matting is placed and then covered with 1' of gravel. After density tests are conducted, the filter fabric and controlled fill will be placed.

Contractor should be working on the 4th pad over the next two weeks. Underground utilities work will commence with the completion of the 4th pad.



New ROICC

LTJG Pete Aparico arrived July 16 to NAF. He is coming from Stamford University.



The Public Works monthly is submitted By:
LT Michael K. O'Beirne



Attention to Quarters

Quarters was held July 18, at the base Theatre and Good Conduct was the name of the game. From left to right AC1 Scott Margetta, AO1 (SW/AW) Rocky Loomis, AO2 Emerald Quiver, ACAN William Stephens, and AC1 (AW/FMF) Deitrich Jones received Good Conduct Medals. Following the presentations, CAPT Crane mentioned how well the recent Executive Steering Committee went. "The ESC went fantastic. They were impressed with our base," he said. Among other topics the skipper stressed were the awareness of suicide and encouraged everyone to keep their eyes open.

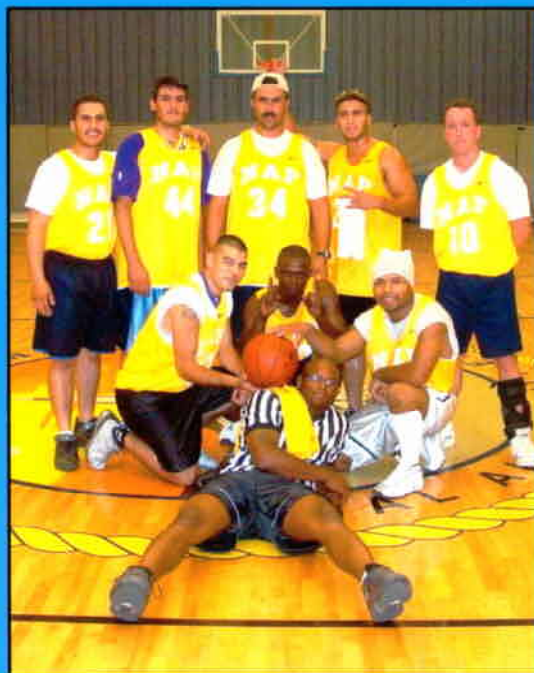


Welcome Aboard



From left to right: Laura Appley (ROICC Office), AK3 Marlene Nolasco (STRIKE), AOAR Michael Stonebridge (STRIKE), AM2 William Huff (STRIKE), MA3 Richard Krider (Security), MA2 Ricardo Uriel (Security, with son), and AC1 Myron Pingle (Operations).

Lakers Win Summer Sizzler Championship



NO, NO, NO! THE HANDLE GOES IN, LIKE THIS!
AND YOU WANNA BE A CHIEF?

C'MON, MAN...
YOU CAN DO IT



Congratulations to the new Chief Petty Officers!

50's Back to School Beach Bash

Music
Food
Games
Prizes

Friday August 23rd
6 p.m. to 1 a.m.

Bring your children too.

For tickets see a Navy Ball
representative or call
Ashley Cleary at 339-2741

Tickets

\$ 8.00 in advance

\$ 10.00 at the door

Children 6 to 12 \$ 5.00

Children under five
go in free